

KEEP YOUR SKIN SAFE OUTDOORS

UV rays don't take a break, so neither should your skin protection. Keep your skin safe and glowing with SPF and shade!

IMPORTANCE OF PROTECTING YOUR SKIN FROM THE SUN

- Lessen your chance of skin cancer.
- Minimize sunburns.
- Decrease early development of age spots, sagging skin, and wrinkles.
- Reduce the amount damage to living skin cells.

WAYS TO PROTECT YOUR SKIN FROM THE SUN

- Wear sunscreen – SPF 30 or above, broad-spectrum, water-resistant.
- Reapply every two hours or after swimming or sweating.
- Wear sun protective clothing – long sleeves, ultraviolet protection factor (UPF) shirts, hats (e.g., bucket style, broad-brimmed), sunglasses (wrap-around, close fitting, polarized, UV400 rating or 100% UV protection)
- Stay in the shade. Lounge under trees, shelters, or umbrellas.
- Limit the amount of sun exposure, especially from 10 a.m. to 3 p.m.

FACTS ABOUT SKIN DAMAGE

- Sun damage to the skin can occur on cloudy or cool days.
- All skin types are at risk of skin cancer and damage.
- Exposure to dangerous levels of UV radiation can occur during daily activities (e.g., working/playing outdoors, walking the dog, having a picnic).
- You don't have to get a sunburn for skin damage from the sun to occur. A suntan is the skin trying to protect itself because the UV rays are damaging the living cells.

